

## THE DOJO UPSTATE



Nestled in the heart of the Hudson Valley, **The Dojo Upstate** houses an ambisonic (full-sphere surround sound format) listening room with a unique 22-channel loudspeaker array set in the walls and ceiling of an acoustically engineered space. We explore the transformative potential in psychoacoustics by using live instruments along with electro-acoustic layers and pre-composed scenes in sound to create unique 3D sonic environments that potentiate our awareness through direct experience. The sound meditation is designed as an opportunity to nurture personal transformation, cultivate presence, and explore the nature of consciousness, with an emphasis on the natural harmonics of sound as the fundamental tapestry and vehicle for the journey.

### 3D BINAURAL AUDIO

Utilizing binaural audio—a recording technique that paints a vivid 3D sonic landscape—we are able to bring The Dojo Upstate experience to listeners worldwide and in their spaces. By incorporating this technology, we are able to introduce a unique and intimate sense of presence with the instruments, the room and human connection—an element often obscured **within** the virtual landscape.

### SOUND PRACTITIONERS



Immersive content creators and experiential designers **Josh and Eliza Peck** of The Dojo Upstate create 3D sound experiences for meditations, Apps, museums, festivals, and wellness retreat installations. With diverse backgrounds in sound engineering, composition, art direction and design work, Josh and Eliza curate a visceral sonic experience that highlights the therapeutic and transformative potential of sound.

### SERVICES

The Dojo Upstate offers one-on-one and small group experiences and trainings, as well as collaborations and partnerships with small communities, conferences and webinars, and Fortune 500 companies. We design in-person and virtual sound meditation experiences and produce original immersive audio content using binaural 3D sound technology.

*Recent partnerships include: Goop, NY Times, Casper, Pandora, Museum of Natural History, and Sony.*

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[www.TheDojoUpstate.com](http://www.TheDojoUpstate.com)